

# Black Bean Quesadillas (CNPP)

**Prep time:** 15 minutes

**Makes:** 8 Servings

Enjoy a quesadilla any night of the week! This quesadilla recipe can be served as a tasty lunch, or as a side dish dinner.

## Ingredients

- 3/4 cup** chunky salsa (or Pico De Gallo)
- 1 can** 15.5 ounce low-sodium black beans (drained and rinsed)
- 2 cups** shredded reduced-fat Colby & Monterey Jack cheese
- 2 tablespoons** fresh cilantro (finely chopped)
- 4** 8 inch flour tortillas
- 1/2 teaspoon** extra virgin olive oil

## Directions

1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
2. Transfer leftover tomato mixture to a medium bowl.
3. Mix in black beans, cheese, and cilantro until combined.
4. Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
5. Fold tortillas in half.
6. Heat large griddle or skillet over medium-high heat.
7. Brush with oil.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	5 g	16%
Protein	7 g	
Carbohydrates	25 g	8%
Dietary Fiber	4 g	16%
Saturated Fat	2 g	8%
Sodium	490 mg	20%

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 ounce

8. Place filled tortillas on a griddle.
9. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
10. Cut quesadillas into wedges.

## Notes

Serves 8 as a side dish

Serving suggestions: For a wholesome dinner, serve with Tasty Lemon and Herb Chicken, Brown Rice with Vegetables, and a piece of fruit for dessert.

The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking